

SECNAV visits Naval Base Ventura County

By JO2 Lynn Kirby

Lighthouse staff

PORTHUENEME, Calif. – The U.S. Secretary of the Navy (SECNAV) Gordon R. England recently visited the Seabees and Naval Surface Warfare Center (NSWC) here. England's visit to Naval Base Ventura County (NBVC) was part of his tour of Southern California installations.

"He's trying to get around to see all the bases and their facilities and get a feel for how things are going. The Secretary traveled over 75,000 miles and visited between 60 and 70 commands in his first year in office," said Capt. Kevin M. Wensing, special assistant for public affairs to the Secretary of the Navy.

Upon his arrival, England had lunch with the leadership from the numerous commands here. Officers and senior enlisted servicemembers received the SECNAV's message loud and clear. "The Navy is changing. The Navy and Marine Corps are going to be much more integrated. It's going to be hard to tell a Sailor from a Marine. But, we're going to be much more effective as a naval service," he said.

England gave an example of the way the Navy is changing by comparing the use of precision weapons in Desert Storm to those used now in Afghanistan. He said in Desert Storm only 20 percent of weapons used were precision, and it took an average of five sorties

to hit one target. In Afghanistan, 80 percent of weapons are precision, and we're getting two targets in one sortie.

He also said that terrorism is a far different threat than Desert Storm or any other war in American history. "In my judgment, [terrorism] is much more profound a threat to us than World War II," he said.

Because of the difference in the threat terrorism poses, it's being attacked in a different way than in any other war. In previous military confrontations, Special Forces would support the primary forces. It is just opposite in Afghanistan. Afghanistan is just a little smaller in size than Texas, but there are only 7,000 military personnel there in support of the fight against terrorism. During Operation Allied Force over Kosovo in 1999, there were roughly 60,000 military personnel. Afghanistan is about 60 times the size of Kosovo, yet there is only about one-eighth the amount of troops occupying the country. This is because of the difference between the war on terrorism and war as we've known it until now, according to England.

After his lunch with the leadership, he visited the Seabee contingency camp exhibit from Seabee Days. Several members from the Naval Mobile Construction Battalion (NMCB) Four Air Detachment Philippine Islands, who just returned, were waiting at the camp exhibit to meet the Secretary.

Before taking a tour of Port Hueneme and



PH3 Brian Bynem
Secretary of the Navy, Gordon R. England is greeted by Capt. David Balk before addressing the Seabee troops at a packed Needham Theater.

Naval Surface Warfare Center, England stopped at Needham Theater to talk with the Seabees. He talked about the events immediately following Sept. 11. "It was the night of the twelfth, twenty past six. The leader of the country met with the leaders of the military at the pentagon, and it was still burning. The president said, 'Get ready. This is going to be a long war. There will be military, diplomatic, and economic activity. The military has to be successful for the others to

be successful. This is not going to be removing a mole, but removing a cancer. The country will get back to business, but you will never forget, and I will never forget." England continued his message to the Seabees. "And you can never forget because you're out there protecting this country."

He said the government could spend billions of dollars on equipment, aircraft carriers, aircraft and it's worth zero. "It's worth nothing until we put highly-trained and motivated people on it. And I thank you — you are what makes this Navy work," he said.

England talked about the importance of what each service member sacrifices to serve America. "I have this fundamental belief that all people are created equal, and all have the same amount of time on earth. When people give their time — either in the service, through charity, or just giving their time to help other people — they take that time away from their families, and they don't get that time back. I sincerely appreciate what you do. I am so proud of all of you. On behalf of the president, I thank you. God bless you, God bless your families, God bless this great Navy and God bless America."

NBVC seeking sentiments on 9/11 anniversary

Naval Base Ventura County will hold a remembrance of Sept. 11 on the one-year anniversary of the attack that took so many lives. The service will take place at Port Hueneme on the grinder at 8:30 a.m. Bus schedules will be announced soon. All tenant commands are invited to attend.

To allow everyone on base to express their feelings about that day, The Lighthouse will publish words of grief, condolence to surviving families, feelings about firefighters and police involved in the aftermath and other sentiments of how the events of that day affected them.

Please limit responses to 150 words or less. Send messages to JO1 Dave Hites at hitesda@nbvc.navy.mil for publication in the next edition of The Lighthouse. Responses may be made by individuals or on behalf of a department or division.



Rich Lipski - The Washington Post
The Pentagon after the Sept. 11 terrorist attacks.

Navy terminates stop-loss policy

WASHINGTON – The Navy has released all Sailors currently remaining on stop-loss, a policy that kept Sailors with certain specialties past their retirement or separation date to support the nation's war on terrorism.

Stop-loss is being terminated because fleet input indicates commands are properly manned to respond to current and projected operational requirements. Although terminating stop-loss releases all Sailors previously held past their separation or retirement date, the Secretary of the Navy will continue to review the need to use stop-loss as the current national emergency continues.

"We carefully examined our stop-loss policy, relying heavily on fleet input," said Chief of Naval Personnel Vice Adm. Norb Ryan Jr. "Navy leadership is engaged for the long haul and we want to maintain a normal flow of Sailors leaving the Navy after they served their commitment."

Stop-loss was imposed Oct. 10, 2001 and originally applied to 9,352 Sailors and officers in various specialties. After being revised in March 2002, the number of personnel in the necessary skill mix was cut by 57 percent to 4,036. Only 301 Sailors were actually affected by stop-loss after the March update.

"This is good news for the Navy," said Ryan, "because removing stop-loss now

restores options for Sailors and will ensure a healthy flow of people into and out of the service, which helps advancement opportunity.

"My most heartfelt thanks and appreciation for the unselfish service of those Sailors who have contributed to the war on terrorism and may be leaving the Navy following this change in policy."

Ryan continued, saying "We wanted to get the information about stop-loss out as quickly as possible so Sailors impacted by the change have ample time to consider their option to stay Navy, separate, or retire under the terms of their contract. This will give people the time necessary to adequately plan and transition."

Sailors will be released from stop-loss no later than Dec. 31, 2002.

Affected personnel desiring to separate or retire must submit requests to Navy Personnel Command via their chain of command to allow sufficient time to address detailing and placement decisions that were made during the period of stop-loss. Every opportunity will be made to accommodate personal desires.

For additional information refer to NAVADMIN 239/02. Additional information for stop-loss personnel processing will be released under a separate NAVADMIN message.

NAVSEA Junior Professionals take a ride

Story & photo by Lawana Godwin

PHDNSWC Public Affairs

"This is a rare opportunity for you to embark on an at-sea experience and gain an appreciation of not only the resident sophisticated technology, but the consummate professionalism of the officers and crew aboard *USS Decatur* (DDG 73)," announced Cmdr. Victorino G. Mercado.

Mercado is *Decatur's* commanding officer and was host to 38 newly hired NAVSEA Port Hueneme Junior Professionals (JPs) and special guests from Naval Base Ventura County. The event culminated several months of effort to provide JPs with an authentic Navy experience that would underscore the importance of their daily fleet support efforts at NAVSEA Port Hueneme.

See TOUR, page 16

Anchor's Away! New chiefs ready to take charge



WASHINGTON – The Navy has selected 4,912 new chief petty officers, keeping its promise to maintain healthy promotion opportunity for top-performing Sailors. Eight of those selectees are assigned to Naval Base Ventura County.

Overall opportunity was 27.29 percent and this was the first time in many years that every rating had a promotion opportunity above 10 percent. Hard-charging E-6s who earned an early promote (EP) on their evaluation were selected at 36.61 percent.

"I was extremely pleased with the quality of this year's CPO selectees," said Chief of Naval Personnel Vice Adm. Norb Ryan Jr. "This is the high caliber leadership we need wearing khakis as we grow the Navy of the 21st century."

Sailors in the Sailorization process were selected above the norm: those with recruiting experience were selected at 27.47 percent; those with experience as a recruit division commander (RDC) were selected at 39.39 percent; and Sailors who have served as instructors had a 30.73 percent chance of being promoted.

Notably, 452 of 2,552 Sailors with 19 or more years of service, selected at a 17.71 percent rate, bring even more experience and leadership to the CPO mess.

"For those who are aspiring to be chief petty officers, I strongly encourage you continue studying and performing," added Ryan. "The Secretary and CNO are committed to ensuring we continue investing in people through the gains we have made in providing opportunity."

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Haze Gray and in the... ARMY?



PH3 Brian Bynem

The next generation of Army watercraft, the HSV-X1 Joint Venture enters the Naval Base Ventura County Port Hueneme harbor to upload Stryker interim armored vehicles for exercise Millenium Challenge. The vessel is a modified 313-foot aluminum-hulled catamaran and transports 363 troops and 850 short tons of combat equipment at more than 40 knots – four times faster than any vessel currently in the Army's fleet.

Dancing to A Different Drum!



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For further information contact: DTC World Center at 559-7603 or
DTC World Center at 559-7605.

EA-6B IPT demonstrates battlespace management technology with VAQ-135

By Robert Massey

NAVAIR

POINT MUGU, Calif. — In preparation for Fleet Battle Exercise Juliet (FBE-J), Black Raven 503, of Electronic Attack Squadron One Three Five (VAQ-135), arrived here ready to demonstrate the platform's capability as a battle space manager.

The aircrew used the aircraft's systems to integrate multiple electronic surveillance (ES) reports from internal and external sensors in order to identify, localize and reduce the area of uncertainty (AOU) of mobile surface-to-air missile threats. Strike assets were tasked with neutralizing the mobile threats utilizing data supplied from the EA-6B and Suppression of Enemy Air Defense (SEAD) element commander. To make this all happen, the EA-6B used a number of new systems to help it accomplish several firsts for the platform.

During FBE-J, the Prowler showcased its new data link capability with an F/A-18. In order to digitally communicate with other platforms such as the F-16, EP-3, and RC-135 Rivet Joint, the Prowler legacy data-link capability used an Improved Data Modem (IDM) and particular protocol (AFAPD). Now, the EA-6B IDM has been upgraded to incorporate an additional protocol (VMF) for compatibility with the digital communication system being installed in the F/A-18. Adding this new capability will only serve to help the Prowler provide the fleet with a more effective product.

VAQ-135 also demonstrated the advantages of the new pen tablet computers that will be installed in the cockpit when the project swings into full production. A Fujitsu model LT-P600 pen tablet, or "PenTab," proved to be a powerful upgrade. According to Lt. Cmdr. Scott Herzog, EA-6B military Integrated Product Team (IPT) Lead, "The pen tablet is under consideration to replace the much larger and cumbersome Panasonic laptop computer that is currently used in the aircraft. The smaller pen tablets alleviate some aircrew safety and stowage issues and provide the

flexibility to be used in the front cockpit."

Modified by Naval Aviation Warfare Center, Aircraft Division (NAWCAD) for sunlight readability and Night Vision Device (NVD) compatibility, the pen tablet provides a variety of features, such as the MIL-STD-1553, RS-232, Ethernet LAN, and audio interfaces to the onboard avionic systems.

With the ability to use multiple applications simultaneously, such as a moving map, the pen tablet gives the war fighter the flexibility, agility, and situational awareness vital to the EA-6B SEAD and destruction of enemy air defense missions. In the future, the pen tablet will also be "loaded up" with a variety of resources such as NATOPS, pocket checklists, flight checklists, charts, imagery, approach plates, and more.

Additionally, VAQ-135 tested the EA-6B Tactical Information and Report Management System (ETIRM) in flight. ETIRM, located in the cockpit, provides aircrew with the location, analysis, and tactical jamming information of threats all over the world. Developed at the Point Mugu EA-6B IPT by the Electronic Warfare Database Laboratory, ETIRM is currently compatible with current fleet releases of Portable Flight Planning Software and is scheduled to become a planning component available to all mission planners on the Joint Mission Planning System framework.

Over the course of the week, VAQ-135 flew several missions testing the platform's new and existing systems to their fullest. By the end of the week, there was no doubt as to the effectiveness of the upgrades and the advantages they will bring the fleet. Herzog summed up the success of week's events, saying, "From the Pen Tab to the ETIRM, all of the new systems surpassed all our expectations. They are an excellent addition to an already capable platform and will only serve to increase our mission effectiveness."

In the wake of DOD budgetary decisions to retire the F-4G Wild Weasel and phase out the EF-111 Raven, there will be increased reliance by the Joint Force Commander on the EA-6B Prowler for the joint suppression of enemy air de-



VAQ-135 squadron members Lt. Cmdr. Jungeman, Executive Officer Cmdr. Bob Schneider, Lt. Cmdr. Wevley, CVWP Requirements Officer Lt. Cmdr. Rob Gamberg, and EA-6B IPT members Lt. Cmdr. Scott Herzog, Bob Massey, Steve Hahn, and Robert Severino.

fenses (J-SEAD) role. It is understood that SEAD is much more than jamming and anti-radiation missiles. All services bring complementary capabilities to the overall J-SEAD effort, and all services reap the benefits of the resulting air superiority.

In the coming years, the Prowler fleet will be modernized and upgraded to keep the aircraft and its systems abreast of evolving threats and to maintain aircraft safety.



Lt. Cmdr. Craig Wevley demonstrates the pen tablet's ease-of-use while seated in the aft cockpit of the EA-6B Prowler.



A composite image of the commercially-available Fujitsu LT-600 Pen tablet computer sporting the Windows operating system. This tablet replaces the laptop computer currently in use in the EA-6B. The Navy's version has been modified for readability in sunlight and for compatibility with night vision equipment.

NAMTRAGRUDET Point Mugu has new, interactive way to train Sailors

Story and Photo by JO1 Alex Carfrae

NBVC Public Affairs

The job of instructing the principles of aviation maintenance to the students at Naval Air Maintenance Training (NAMTRA) detachment at Point Mugu is a little bit easier through a simple-to-use, yet highly technological innovation.

NAMTRA's new interactive white board turns a computer and projector into a powerful tool for teaching. Using a finger just like a mouse pointer, the instructor can simply press on its touch-sensitive surface to access and control any application.

Traditionally, when an instructor presents information to the class, he or she did it through the use of a chalkboard, dry erase board or overhead projector. "This board is so much more interactive than using a white board or chalk board," said AME2 Jason Deeken, an Aviation Maintenance Training Continuum Coordinator and the smart board subject matter expert.

"Touching the screen is much faster

than trying to control applications with a mouse," explained Deeken. "Students can see how applications or images displayed on the board function, and they can follow the instructor's finger as he touches the screen."

But the board isn't just limited to clicking on it with a mouse. Using a special stylus, the instructor can draw on the board and emphasize a certain part of the display, such as illustrating the airflow through a jet engine, or the flow of air over the leading edge of a wing. "And you don't have to be an artist, to use the board. We have a CD with all of the images needed for our presentations, and we can draw right on the screen if we need to stress an important point," said Deeken.

The pen also helps the instructor to work naturally at the board to take notes and highlight important information without having to stop the flow of information to the student. "Any time you pause during a presentation, you lose the student's attention, and have to work very hard to keep the class interesting," said Deeken. This is especially important for those just-after-lunch classes where everyone seems to want to fall asleep.



AME2 Jason Deeken demonstrates the use of NAMTRA's new smart board.

"It's important to keep control of the class and keep the students focused on the instructions at hand," said Deeken. "This is a remarkable tool."

Currently, NAMTRA has one smart board system costing about \$5,000. There are plans to furnish three more classrooms with the equipment in the coming months.

Safety precautions for military families

By Kim Upshaw

Lighthouse Staff

The son of a 20-year-old single Sailor died due to hyperthermia July 27. The 11-month-old was found by his mother, a Sailor attached to Amphibious Construction Battalion 2. She reportedly left the child in her vehicle while she worked her duty shift. The Navy is investigating the death.

Unfortunately this is a true story. The situation could have been avoided if the mother of the child had simply obeyed the laws, rules and regulations in place to protect children, who are incapable of being responsible for themselves.

One of the more difficult problems most families have to face is lack of daycare, which can not easily be solved, forcing parents to sometimes take drastic measures which can endanger their children. In view of this recent incident at Naval Amphibious Base, Little Creek, Naval Base Ventura County would like to remind all of its residents of the rules and regulations in place to protect the children of NBVC employees.

The most common regulation broken is that of leaving children in the car. State law says that it is illegal to leave any child, of any age, in a vehicle with the engine running or with the keys anywhere in the confines of the vehicle.

California Vehicle Code 15620 specifically states that a parent, legal guardian, or other person responsible for a child who is six years of age or younger may not leave that child inside a motor vehicle without being subject to the supervision of a person who is 12 years of age or



PH3 Brian Bynem

Brittany Herbstreith, left, and Taressa Conner sport matching helmets as they make their way to the Navy Exchange at Point Mugu.

older, under either of the following circumstances:

1. Where there are conditions that present a significant risk to the child's health or safety.
2. When the vehicle's engine is running or the vehicles keys are in the ignition or both.

See SAFETY, page 18

NMCB-4's Alaskan Detail has a blast

Story & photo by

EQCM(SCW) William McKenzie

For NMCB-4 Public Affairs

ANNETTE ISLAND, Alaska – In early spring 2002, the 20 members of Naval Mobile Construction Battalion (NMCB) Four's Deployment for Training (DFT) Alaskan Roads said 'sayonara' to Camp Shields, Okinawa, and hello to Camp Wy Wuh, Alaska.

It was a blast, literally. As part of Joint Task Force (JTF) Alaskan Roads, the Seabees assigned to this DFT were responsible for the drilling and blasting operations of this mission. JTF Alaskan Roads is an ongoing construction project to build a 14-mile, two-lane highway, to connect the town of Metlakatla to a ferry terminal on the northern side of Annette Island.

The DFT consisted of six rock-drilling teams with two or three Seabees per team. EO2(SCW) Gregory Shavers managed the northern side of the island while the teams of head blasters EO1(SCW) Alberto Alshabazz and EO2(SCW) Michael Cincinati conducted blasting operations on the southern end of the island.

The drill teams' goal was to drill 1,100 linear feet collectively each day. Once a drill

pattern was set and drilled, the blasters got the fun job of re-arranging the mountain's appearance with explosives. This was often a difficult task due to the steep mountain terrain.

One of the most obvious obstacles to overcome was definitely the extreme weather condition, which Alaska is famous for. "The cold weather, rain and snow were a constant challenge we faced there, but we were determined to reach our goals and have a great time doing it," said EOCN Dominic Lopez. The teams experienced everything from a few clear days to snowy blizzards and rain showers in between.

One of the unique aspects of the DFT was living and working side by side with the Army, Marine Corps, Air Force and National Guard. "It's amazing to have all the branches of the military come together for one common goal," Shavers said. "It's always interesting to see how the Seabees differ from other services." Everyone enjoyed the opportunity to work closely with other military branches. For many members of the DFT, it was their first time working with any other military units.

As a result of the joint effort, DFT Alaskan Roads completed 22 blasts requiring over 74,000 pounds of explosives with the largest blast utilizing 11,222 pounds. Additionally, with six rock drills, the DFT

drilled over 58,000 linear feet of borehole. By comparison, it would take the quarry site at Camp Covington in Guam three years to use the amount of explosives used in Alaska in just three months. The resulting blasts produced over 59,000 cubic yards of shot rock to be used to build the roadway.

Overall, DFT Alaskan Roads was a challenging but rewarding experience. Those Seabees who went to Alaska had a great time but are happy to be back home in Port Hueneme and are anticipating another opportunity to blow things up in the future, all the name of construction, of course.



Tons of rock and soil are blasted skyward during demolition work on the Alaskan Roads Project.

Paul F. Foster named as next Self Defense Test Ship

By JOC David Nagle

Naval Sea Systems

Command Public Affairs

PORT HUENEME, Calif. — When the Spruance-class destroyer *USS Paul F. Foster* (DD 964) is decommissioned next March, it will find new life as the next Self Defense Test Ship (SDTS) at Naval Surface Warfare Center, Port Hueneme.

The Chief of Naval Operations' Surface Warfare Division announced that Paul F. Foster would become the next dedicated ship self defense test and evaluation platform assigned to Port Hueneme, in a message to Commander, Naval Surface Forces, U.S. Pacific Fleet. Foster would replace the ex-*USS Decatur* (DDG 31), which has been assigned to Port Hueneme since 1994.

The SDTS plays a significant role in the testing and evaluation of sensors, weapons, and combat systems before they are introduced to the fleet. The ex-*Decatur* has supported testing of such systems as RAM Block 0 and Block 1, Close In Weapons System

Block 1A and Block 1B, Ship Self Defense System Mark 1, and the Evolved Sea Sparrow Missile.

A dedicated test and evaluation platform alleviates scheduling difficulties of obtaining an active fleet asset and allows the project sponsor to have greater control over the installation and test schedule.

Additionally, since the test ship is unmanned and remotely controlled, it allows for more realistic testing without crew safety concerns. Using them, SDTS allows project sponsors to identify possible problems before the system gets to the fleet. Program managers have estimated significant cost savings when a problem is discovered and corrected during testing vice production.

Since many combat systems elements are already installed aboard Paul F. Foster, a direct turnover will reduce conversion costs. The destroyer also provides an all-electric plant configuration, a sizeable superstructure to support possible future Multi-Function Radar and SPS-48E installations, and has a logistical support infrastructure in place.

The ex-*Decatur* will continue testing op-



USS Paul F. Foster will act as an evaluation platform for sensors, weapons and combat systems before they are introduced to the fleet.

erations through the end of fiscal year 2003. Following the necessary modifications, Foster will be ready to perform its test and evaluation mission in fiscal year 2005.

Communications key to Seabee survival in the field



YNSN Margarita Finua copies an intelligence update message onto a 'Yellow Canary' message page. All message must have word-for-word accuracy.

Story & photos by
JO2 Maria Blanchard

NMCB-3 Public Affairs Staff

"Thor, Thor, this is Brickyard. I have an immediate, unclassified message for your station ... over," comes the voice on the radio. "Brickyard this is Thor, send your traffic ... over," replies YNSN Margarita Finau, a communicator for Naval Mobile Construction Battalion (NMCB) Three.

Three's 'Bees are camped in five general-purpose tents for a Command Post Exercise (CPX). The Seabees are preparing to head to Fort Hunter Liggett for their homeport Field Exercise (FEX). The CPX is designed to imitate the scenarios and situations the communicators and chain of command will face in the field.

Lt. Matthew Lenz, the battalion's assistant operations officer who planned the exercise, said the purpose of the training is "to knock off the cobwebs from not having done this type training exercise since last homeport."

According to Lenz, good communication in the field is key. "Without it, you can't call for fire support, a medical evacuation or pass the word that enemies are approaching," he said.

"Flash, Flash, Flash! Set MOPP level four. I say again, set MOPP level four," said the muffled voice on the radio. Mission Oriented Protective Posture (MOPP) level four is the highest level of protection the Seabees use when faced with imminent chemical, biological, or radiological (CBR) attack. The radios and field telephones are the fastest way to spread the word.

Speed is essential in situations like this. The 'Bees have only eight minutes from the time the CBR attack occurs to get into MOPP level four. To some this may sound like a lot of time, but to those putting on the gear, it isn't very long. Every second counts and every member of the battalion's life is dependent upon receiving that vital message.

The exercise provided scenarios, like this, that are very

similar to what the communicators will face in the field. The communicators receive the urgent message and must relay it to the rest of the battalion as fast as humanly possible. There are other less urgent messages that they handle as well. The battalion sends personnel, ammunition, status reports, requests for additional supplies and support as well as routine message traffic.

Nearly all message traffic that comes to or from the battalion while in the field goes through a field communicator. They are talking to higher headquarters, adjacent units, 'Bees on patrol, and other parts of the camp. Their messages travel through miles of wire and across radio waves that are capable of circling the globe.

The CPX and FEX give the communicators the training and practice they need to hone these skills. The messages and scenarios are designed to put them face-to-face with what could happen. If a communicator can spread the alarm about a CBR attack while putting on his gear during the exercise, then he can do it in a real contingency. These are the skills that could save people's lives and these are the skills that will be put to the test when NMCB-3 embarks on its FEX at the end of August.



The progress of all patrols and convoys is tracked on map boards. Ensign William Kuzma marks a patrol's location as the communicator for the patrol radios in at a designated check point.



When the radio operator finishes taking a message it goes to the communications supervisor. DK1 Remigio Recasas reviews the messages, logs them, and passes it to the appropriate person.

Worcester relieves Wirsching as NMCB -4 commanding officer

Story & photos by JO1 Rich Henson

NMCB-4 Public Affairs

PORT HUENEME, Calif. — Cmdr. James Worcester relieved Cmdr. Steven Wirsching as Commanding Officer, Naval Mobile Construction Battalion (NMCB) Four July 19 during ceremonies at the Construction Battalion Center (CBC) Parade Grinder.

"Commander Wirsching turns over to Commander Worcester one of the finest Seabee battalions in the Navy today," remarked the guest speaker, Capt. William Rudich. The commander of the 30th Naval Construction Regiment also added, "Throughout its more than 50-year history, NMCB Four was ready to respond to any contingency the nation faced, and recently you responded to the war on terror when you assisted the Armed Forces of the Philippines in its fight against the Abu Sayyaf."

Commanding Officer of CBC Port Hueneme, Capt. James W. Cowell Jr., reflected on what he felt when he was relieved as Four's CO in July 2000 by Wirsching.

"Commander Wirsching, you're probably

going through the same emotions I went through when you relieved me on this same grinder," Cowell commented. "I'm very proud of the things they have done since then. You and your battalion should be commended for what they have done."

In Wirsching's brief remarks, he made clear how proud he was to have commanded the battalion.

"Over the past two years you've done nothing but outstanding work," Wirsching told his troops. "You provided awesome construction and contingency support when called upon. That support was nothing short of magnificent."

Quick to recognize the support of friends and families, Wirsching paid tribute to the spouses and friends of NMCB-4 Seabees.

"The families also had a huge hand in our success," Wirsching commented. "Without their support, there would have been no way we could have done our jobs while deployed."

Shortly after assuming command, Worcester expressed to those in attendance his gratitude in returning to a Seabee battalion.

"I'd like to thank everyone in the way they have welcomed my family and me into the battalion. Any opportunity for me to return to battalion life is a great opportunity," Worcester remarked. "There is no place I would rather be, and I'm looking forward to working with all of you in the months ahead."

Worcester assumed command of NMCB-4 after serving as public works officer and officer in charge of construction, Naval Station Rota, Spain. Wirsching reports as the operations officer of the new First Naval Construction Division based at Naval Amphibious Base, Little Creek, Va.



From left: Commanders Steven Wirsching and James Worcester salute NMCB-4's Headquarters Company, led by Lt. j.g. Nicholas Reid and the Company Guidon, PNSN Nhan Nguyen.



Do you know where your water goes?

By Michelle Norman

Water Program Manager

Those living in housing on Point Mugu or Port Hueneme should know that NBVC's geographic location on the California Coast is quite unique. All base residents and their Navy neighbors share the base with several endangered species of plants and animals that have a unique and irreplaceable wetland habitat.

At Point Mugu alone, there are over 2,500 acres of jurisdictional wetlands that encompass 50 percent of the base, making it the largest premiere wetland in Southern California. Additionally, it has several beaches and great surfing spots. "Family Beach at Point Mugu provides a wonderful opportunity to observe several different types of marine wildlife, such as harbor seals, pelicans, and many different species of shorebirds. If you are lucky, you may even catch a glimpse of a group of dolphins swimming just offshore," said Laura Muhs, bird air strike hazard program manager.

It is the responsibility of everyone who lives and works here to be good environmental stewards. One important duty is to protect the quality of water that empties into the wetlands, Mugu Lagoon, and Port Hueneme Harbor. There are many ways residents can help. The most important is to decrease storm water runoff pollution to protect the ocean and beaches.

Drains to Ocean'. Unlike the wastewater leaving your home through the sewer system, water from the storm drain system is not treated to remove pollutants in any way.

If residents dump household hazardous waste, trash, yard waste or animal droppings into the gutters and storm drains, these pollutants will flow directly into local waters and beaches. When the pollutants enter the storm drains and flow without any pretreatment, the water becomes unhealthy for wildlife as well. "Basically, don't dump or sweep anything to a storm drain or gutter that you or your children wouldn't want to swim in," Bill Venable, compliance branch manager said.

There are other ways that residents can assist around the home as well.

- Take pride in your neighborhood and don't litter. Be aware of the miscellaneous trash left on the streets on trash pickup day.
- Use environment-friendly cleaners, especially if you wash your car at your home.
- Use latex paints in place of oil-based paints and clean brushes and rollers with water in the sink; Do not dump into the street or grass.
- Take your household hazardous waste, used motor oil and car batteries to one of the Ventura County Hazardous Waste collection centers or participating businesses (<http://www.ventura.org/envhealth/programs/cupa/hzhhw.htm>).

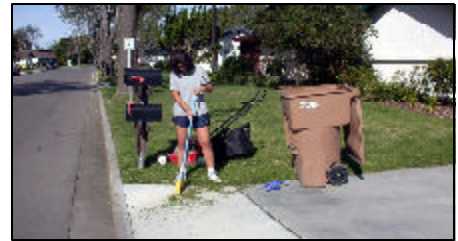
The storm drain system on base is like a labyrinth of grates and gutters that drain to underground pipes and open channels. They are all designed to drain storm water from roads and our residential areas. Most of them are stenciled with signs that say 'Don't Dump,

The water treatment centers are not designed to treat hazardous waste. If you do your automotive work at the MWR Auto Hobby Shop, you can use their disposal services.

- Keep dumpster lids closed.
- Sweep lawn cuttings into the yard or bag them. Do not use a blower or try to sweep the cuttings into the gutters! It only clogs up the drains and ends up in the ocean.
- Obey pooper-scooper laws! On your walks with your pet, pick up and dispose of pet waste in a trash container.
- Collect your cooking oil and grease in a glass or plastic jar and dispose of in the regular trash can. **Cooking grease does not go down the sink!!**

"Clean habits equals clean beaches," said Robert Zaragoza, with the Water Quality program. "Especially these days with increasing beach closures due to pollution in our ocean, it is important to do everything we can to protect our water." With the efforts of the NBVC community, it is the environmental department's goal to ensure that beaches remain clean and safe for future generations.

For more information, visit the Environmental Intranet Web site at http://199.114.28.9/vnn/environ/Programs/water/index_water.html.



Cassidy Norman

Always sweep yard waste into your yard or into a trash container to avoid stormwater pollution to the ocean.

NMCB-4 wraps up first deployment to San Clemente Island

Story & photo by Lt. Bryan Heller

For NMCB-4 Public Affairs

PORT HUENEME, Calif. — A 30-person detail from Naval Mobile Construction Battalion (NMCB) Four recently completed a 6½ month deployment to San Clemente Island, the most southern of the Channel Islands, off the coast of San Diego.

This was the first permanent Seabee detail ever on San Clemente Island and they started it from scratch. The “Fab Four ‘Bees” had to establish everything in preparation for a five-to-10-year road construction project on the island.

The deployment began in November 2001 when members of the detail drove various pieces of heavy equipment to Camp Pendleton from locations in Southern California. The equipment was loaded onto Air Cushioned Landing Craft (LCACs) and taken to the island where the Seabees and Sailors assigned to Assault Craft Unit Five (ACU 5) at Camp Pendleton Marine Corps Base exercised beach-landing skills.

While some of the detail members were delivering the equipment to the island, most of the detail started their deployment participating in Operation Steel Knight 2002, a live fire exercise at Marine Corps Air Ground Combat Center, Twentynine Palms, Calif.

Upon arrival the detail was split into two groups, a Seabee Engineering Reconnaissance Team (SERT) and a construction element. The SERT trained in obtaining engineering data in hazardous environments. The construction element rebuilt most of a large, heavy timber trench

and bunker system at the Helicopter Assault Course, and repaired five miles of roadway. The crew from Steel Knight then joined the rest of the detail on San Clemente Island four days before Christmas.

While on the island, Det San Clemente was primarily tasked with rehabilitating a decades-old rusty building into a usable heavy equipment repair shop. BU2(SCW) Jeffrey Woodruff headed the crew, completing the project on time with quality assurance. The rehabilitation project included applying a new metal skin onto the building, constructing a large mezzanine and installing a bathroom, new plumbing, and electrical systems.

The biggest push was to set up a rock crusher and quarry site. Since it would cost millions of dollars to ship all the rock and gravel required for the enormous road project, the Seabees produced their own gravel from the indigenous rock on the island. EO2 (SCW) Joshua Crews led the detail, and not only set up the site but produced aggregate, ultimately producing over 3,500 tons of gravel, passing his production knowledge on to fellow Seabees and the battalions to follow.

During the deployment, the detail also participated in another Marine Corps exercise,

Desert Scimitar 2002, which was broken into two phases. During the first phase, the SERT returned to Twentynine Palms for more training, this time focusing on live fire maneuvers, an extremely rare operation for Seabees. During the second phase, the SERT was involved in more engineering data collection, this time using all-terrain vehicles to survey the saddle of a mountain for possible construction of a vehicle overpass.

Meanwhile, another construction element, headed by Crews, installed culverts under a previously washed out road, which had been surveyed by SERT during Steel

Knight in December.

EOC(SCW) Richard Zylla, assistant officer in charge, BU1(SCW) Jerry Snook, operations petty officer, and EO1(SCW) Richard Hernandez, safety and quality control petty officer, served as senior staff members of the detail.

“We had a blast out there,” Zylla recalled shortly after his return from San Clemente. “Not only did we have fun while we did our jobs, but we helped the Navy save millions in external costs. What we established on San Clemente Island will stand as a benchmark for other detail sites for years to come.”



Seabees of NMCB-4's Detail San Clemente Island pose for a picture shortly after arriving.

NMCB-40 engineer heads to East Timor

By JO1(SCW) Greg Frazho

NMCB 40 Public Affairs

CAMP COVINGTON, Guam—One of the noblest things human beings can do is to help other people in a time of need. Humanitarian assistance projects have been prominent in the Naval Construction Force since its inception 60 years ago. As the fledgling state of East Timor struggles with its independence, such projects are still on the front burner for the United Nations, the United States and the Seabees of Naval Mobile Construction Battalion (NMCB) Forty.

The people of East Timor are still feeling the lingering effects of a civil war and a very poor economy. For that reason the U.S. Group East Timor (USGET) has been scouting the country to see what assistance it can lend the new nation. Previously, the Seabees of NMCB-40 sent a six-man deployment for training (DFT) team to East Timor to rehabilitate and upgrade a water purification system in a war-ravaged town known as the Oecussi Enclave.

The water treatment project is now complete, but the Seabees of Fighting 40 recently sent a Civil Engineer Corps officer to East Timor to help USGET for the remainder of the battalion's deployment. "I'll be working on a joint service staff consisting of Army, Navy, Air Force and Marine Corps personnel," said Lt. Daniel Stokes, engineer planner for USGET. "We'll go out and scope out various humanitarian projects to be done by Air Force 'Red Horse' personnel, the Seabees, and the Army Corps of Engineers and do planning and estimating."



and they wanted an O-3. I happened to be the only person available. We'll be working mainly out of the town of Dili, but we'll be taking two- to three-day trips to locations around the island, looking for projects."

For a civil engineer, especially one in a Mobile Construction Battalion, one could argue that this is the opportunity of a lifetime, or at least of a career. East Timor has a new government and not much of an infrastructure. Over the last few years, USGET has been trying to turn humanitarian projects over to the East Timorese government, according to Stokes. These projects include orphanages, water treatment facilities and any other such measures that will improve the quality of life for the people of East Timor.

"I'm looking forward to going, but at the same time I'm saddened to leave my company," said Stokes. "I'll miss the daily interaction with the troops."

The Seabees of NMCB-40 are scheduled to complete their Pacific deployment in October.

Stokes, a native of Plant City, Fla., was formerly the Bravo Company commander before being tapped to become a staff member of USGET. "This group is a permanent fixture, although people rotate out every 90 days," said Stokes. "They solicited all the West Coast battalions

1st NCR to replace brigades

From 3rd Naval Construction Brigade
Public Affairs

LITTLE CREEK, Va. — A new Seabee command element was recently commissioned, providing a single command interface for global Seabee operations, requirements and policy.

The 1st Naval Construction Division (1NCD) was commissioned Aug. 9 at Naval Amphibious Base Little Creek, Norfolk, Va., and is commanded by Rear Adm. Charles R. Kubic.

Kubic was formerly commander of Pacific Division, Naval Facilities Engineering Command and 3rd Naval Construction Brigade.

The mission of the 1NCD will be to organize, train, operate and maintain the Naval Construction Force (NCF); to command and control Naval Construction Regiments; and to develop, coordinate and implement policy and requirements to man, equip and train Seabees.

For the last decade, Pacific Fleet Seabees have been commanded by the 3rd Naval Construction Brigade in Pearl Harbor, Hawaii, and Atlantic Fleet Seabees have come under the control of the 2nd Naval Construction Brigade in Norfolk, Va.

Under this new alignment, both brigades will be decommissioned and replaced by the new organization.

See SEABEES, page 24

Families of Five: more than a support group

By JO1(SW) Scott Sutherland

NMCB-5 Public Affairs

Whether they're hosting a car wash, having a bake sale, or helping a military family in need, members of the Families of Five (FoF) are doing what they can to support the homeport needs of families of servicemembers assigned to Naval Mobile Construction Battalion (NMCB) Five.

Becoming a member to FoF is as easy as, well, washing a car or baking a muffin. There's no paperwork to fill out, no long lines to wait in. You don't even have to provide your mother-in-law's maiden name. If your spouse is assigned to NMCB-5, you're in the door.

Behind this door are a plethora of inducements to keep FoF members busy during the long deployment period. If you want to mix and mingle with adults and you have your children in tow, then FoF provides childcare during monthly meetings and social gatherings. If you're a Betty Crocker protégé and you want a place to display your culinary skills, FoF offers bakeoffs every now and then. If everyone on your block has a car that looks like it just plowed through a construction site, then you can invite them to one of the numerous car washes hosted by FoF.

The group's mission statement says it all. An FoF meeting is a place to learn current information about the Navy, the battalion, and to get answers to specific questions. The meetings provide an opportunity to meet others and develop contacts for information or assistance. That's especially true during long separation periods when a husband or wife, or a mom or dad, is out of the home for half the year.

"The main purpose of FoF is to provide a network for families while Seabees are deployed," said Chelsea Fleisch, the wife of NMCB-5 Commanding Officer Cmdr. David Fleisch and an advisor for the group's executive board. "It's a way for the spouses to get to know each other and share good times."



Bea Volpe of the Fleet and Family Services Center talks with members of the Families of Five during a recent board meeting. She presented information about couples communication and parenting, now that NMCB-5 is coming up on its 2002 European deployment.

Board Treasurer Lisa Wiles, the wife of NMCB-5 Operations Officer Lt. Cmdr. Stanley Wiles, said that besides supporting the families during deployment, the group also has an important role during homeport. "This year, we'll help out with the predeployment picnic and host a car wash before the battalion deploys," she said.

She said attendance at meetings grows once deployment begins. "Right now, families are sharing the predeployment time together, but once loved ones leave, we expect 40-50 people at our meetings."

For the newest member of FoF's executive board, Pomai Stein, being on the board fills two roles. First, she'll have FoF as her family's support group while her husband, SK2 Ryan Stein, is deployed, and she'll be able to put on her resume that she served as a vice president for a Navy family support group. The Steins have three children; Amanda, 6, Tyler, 4, and Kamalu, 2.

"This deployment is going to be different for me," said Stein, who was elected to the board on June 10 of this year. "Whenever Ryan and I have been apart, I've always had my immediate family around. This year, it'll be me, the kids, and the support I'll get from the Families of Five."

Elizabeth Hartford, who was voted FoF president in June, has stepped into the role with both feet on the ground. She created an FoF newsletter and an extensive database to encourage attendance to monthly meetings.

"Her leadership, enthusiasm and creative talents are the foundation for the 'Can Do' spirit of Families of Five," said Chelsea Fleisch, an advisor to the group's executive board.

Even though FoF stands for Families of Five, it could very easily mean Focuses on Family, because that's what the support group does. If you're a spouse of an NMCB-5 servicemember, you can find out for yourself how important family is to the FoF. Their meetings are held the 2nd Monday of each month.

See Center Spread

See Center Spread

New reconnaissance pod put to the test



Official U.S. Navy photo

NAVAIRWD's Integrated Product Team has been tasked with demonstrating the performance of the Synthetic Aperture Radar (SAR) system in a dedicated pod on an F-14 aircraft as a risk-reduction proof of concept. Their analysis will lay the groundwork for potential use in the F/A-18 Shared Reconnaissance Pod (SHARP).

The SHARP SAR is an adverse weather, around the clock, tactical reconnaissance system capable of providing continuous and near-real time high resolution SAR imagery to the aircraft. With the incorporation of precision targeting software, the SHARP SAR system can be used to gather precision target coordinates for the employment of GPS guided weapons.

TOUR, from page 2

On 29 July, *Decatur* left Port Hueneme harbor for a four-hour tour that extended to the outer waters beyond Anacapa and Santa Cruz Islands. Along the way, *Decatur*'s crew answered questions and provided insight into operating the Arleigh Burke class destroyer that is equipped with an Aegis Combat System. The tour included the bridge, wardroom, main engine room, and the Command Information Center. Guests ate in the crew's mess and observed a Pacific Firing exercise. While cruising at 30 knots, *Decatur* demonstrated a Crash Back by smoothly coming to a complete stop within one and half boat lengths, in less than a minute.

The experience served to provide a renewed focus for the JPs, who expressed their excitement and energy at having undertaken a rewarding career supporting the

Navy. Upon returning to Port Hueneme, the JPs shared their appreciation of the opportunity they had to learn about shipboard life and see firsthand the competence and professionalism of the people their efforts support. Several expressed the value of being able to witness the conditions under which the combat systems they sustain operate and the real life applications and relevance of the work they do.

Decatur was brought to Port Hueneme to support Seabee Days, during which time Mercado's family, friends, and teachers had an opportunity to see the ship as well. Mercado grew up in Oxnard, where his father lives as a retired master chief, currently a contractor working for Port Hueneme Division, Naval Surface Warfare Center.



Ensign Held, Public Affairs Officer, left, explains the Aegis Combat System to PHD NSWC Junior Professionals underway aboard USS Decatur (DDG 73).

NMCB-40 golfer participates in tournament fund-raiser

By JO1(SCW) Greg Frazho

NMCB-40 Public Affairs

CAMP COVINGTON, Guam – The wind blew gently off the Pacific Ocean on the cliffs of northern Guam. A beautiful, sunny Saturday was witness to one of the more relaxing forms of sport known to the military. In fact, it was on a military installation, Andersen Air Force Base, that a golf tournament was recently held to benefit this year's Navy Ball in Guam.



UT1(SCW) Robert Barroa sizes up his next shot at Andersen Air Force Base's golf course.

As part of a four-man team, UT1(SCW) Robert Barroa, Naval Mobile Construction Battalion (NMCB) Forty's command drug and alcohol advisor (DAPA), hit the links, playing 18 holes of America's fastest-growing pastime on Andersen's golf course. Golf, which has risen from relative obscurity into one of the most popular sports in the world, is a great way to have some fun,

enjoy some friendly competition and work on your game.

"The golf tournament I participated in was a Navy Ball fundraiser," said Barroa, a native of Baguio City, Philippines. "It's still early, the ball is in October, but they wanted to start raising money. It was a four-man scramble tournament. They charged \$37.50 per player, or \$150 for a team." He went on to say the tournament was played under "best ball" rules. This is where the closest ball of the team is adjudged the best, and play continues from there.

"A beginner would have a good chance," said Barroa, whose team shot a 68 that day. "Of all the golf tournaments, scramble is the most fun. You can high-five on the course and you can help a guy align his shot. It's teamwork." And there were several teams on hand to experience the competition. They began at staggered locations, keeping score as they went along. For instance Barroa and his team started play at the 8th hole and finished up on the 7th.

"That was my first time on that course," said Barroa. "Two of the guys with us were beginners. I've been playing for five years. I actually got into [golf] when I was stationed with Construction Battalion Unit (CBU) 413 in Hawaii. I was on a golf course restoration project there, and once the project was completed we got a free round of golf. That's when I started playing. I was hooked."

After playing in a series of fund-raisers in Hawaii, Barroa decided to play the game for enjoyment as well. In homeport, he tries to play at least twice per month, and on this current deployment he's already played four times. With practice comes experience, and usually with experience comes skill. Barroa's favorite players are Ernie Els and Tiger Woods. The former he admires for his smooth swing, and the latter he admires for his raw power.



PHAN Lamel Hinton

UT1(SCW) Robert Barroa putts on one of the greens at the Andersen Air Force Base golf course in Guam. Barroa and three other players played 18 holes in a scramble tournament to raise money for the Navy Ball. They shot a 69.

"I'd say this course is average difficulty," said Barroa. "The fairways are really beautiful. I feel pretty good participating in the fund-raiser because it goes to the food, beverages and hotel fees of having the Navy Ball," said Barroa. "And going to the golf course is like physical training (PT). It's good exercise."

SAFETY, from page 6

According to Officer Rex Molhun of the California Highway Patrol, violators of these laws can be prosecuted under California Vehicle Code 15620 and that violation of the law can result in a fine of \$100 or higher.

If a death occurs, the violator can be prosecuted under Section 192 of the California Penal Code. "Section 192 refers to manslaughter, the unlawful killing of a human being without malice. It is a felony, which should give people something to think about," said Molhun.

California Vehicle Code 15620 is located in the Traffic Regulations for NBVC. "The key factor in this code is the age of the other person in the car," said NBVC Crime Prevention Officer Charlie Strickland Jr. "Parents think it is okay to run into the NEX for a gallon of milk and leave their 8-year-old in the car with the younger children. In reality, that is illegal and people can be prosecuted for it."

As far as Navy family housing goes, the list of rules and regulations is endless. All rules and regulations regarding the safety of children are listed in the Housing Residents Handbook. Base officials recommend all residents read the handbook carefully. Everyone should receive the handbook upon check-in of government quarters. Residents who need a handbook should contact the Housing

Office at (805) 982-4321.

One of the more common violations of the housing rules and regulations is residents not wearing bicycle helmets when riding on bikes, scooters, or when skating. Base regulations state that bicycle helmets are required for all cyclists, scooter operators and skaters, including children in safety seats. Scooters and bicycles should be ridden on streets only, using the rules of the road. Residents should not ride on sidewalks.

Another common violation is ignoring posted speed limits. When driving on a military installation, especially in housing areas, drivers must observe the posted speed limits, usually 15 mph in housing areas. The reason for this is the high concentration of children who live in military housing. Who hasn't driven down the road in a housing area only to see a kickball (or some other toy) come out on the road from between two cars only to be followed by a young child who doesn't look both ways before running into the street?

The thought of a child darting unexpectedly into the street brings to mind another common violation of base safety regulations ... lack of small child supervision. Children under the age of 10 are not allowed to play outside unsupervised. Supervision for outside

play requires someone over 12.

According to NASPMINST 5510.24A, children age 10-17 are not to be left unsupervised for any extended period of time. Periods of time vary by age and maturity of the child.

A child must be a minimum of 12 years old to care for another child, meaning that anyone under the age of 12 is not allowed to baby sit for younger siblings, or for another family.

Like the rules on supervision, another common misconception of base residents is that it is safe for a child to play almost anywhere. This brings to light another common problem ... playing in the streets.

Streets are extremely dangerous and are not playgrounds. It is the residents' responsibility to impress this upon their children. While there is a posted speed limit of 15 mph in most housing areas, it is still not considered safe for children to play in the streets. Cars sometimes violate this speed limit, making the danger even greater.

Wading pools in housing areas can pose another problem. Children can drown in as little as one inch of water so there are policies in place to prevent this from happening. While the use of small wading pools is authorized, the water must not exceed 12 inches in depth and must be emptied daily. Wading pools are to be

monitored constantly by an adult during use and must not be left unattended while holding water for any length of time.

NBVC would also like to remind parents of the curfew that has been in place since May 2000 for children under 18. They are not allowed to be outside without adult supervision from 10 p.m. until 6 a.m.

The final safety issue that the Crime Prevention Office on NBVC would like to remind residents of is identity theft.

"Identity theft is one of the major problems in Ventura County," said Strickland. "While identity theft rings have recently been infiltrated with ring leaders being prosecuted, they still continue to come back and in some cases come back even stronger." Strickland would like to remind all military personnel that Military ID cards do not have to be used as a form of identification in town. "A driver's license is just as effective and does not have sensitive material such as a Social Security Number on it," he said.

Also be sure to shred all documents if at all possible before throwing them away, including bills and personal letters. "We need to be more careful with our identity," said Strickland. "People need to know that this is an important aspect of being a military member. Not only can someone ruin your credit history, but they could ruin your entire life."

Shining Sailors...



Capt. Eugene T. Gomulka receives a Legion of Merit Medal from Capt. James W. Rainwater, commanding officer of Naval Base Ventura County.



CMDCM Gerald M. Romero (left) receives a Meritorious Service Medal, from Cmdr. Ralph Snow, 31st NCR chief staff officer.



Lt. Cmdr Erica Sahler, commanding officer Underwater Construction Team Two, awards CE1(DV) Tim Ullom with a Navy and Marine Corps Achievement Medal.



NMCB-5 Executive Officer, Lt. Cmdr. Joseph Molnar (left) presents an Outstanding Volunteer Service Medal to EOC(SCW) Thomas Willis.



CM2(SCW) Christian Beltramo (right) received a Navy and Marine Corps Achievement Medal from Lt. Cmdr. Joseph Molnar.

For submissions of military awards of your command or department's shining Sailors, contact PH3 Brian L. Bynem at NBVC Public Affairs.

e-mail: bynembl@nbvc.navy.mil

Phone: (805) 989-9266

Please send photos or high resolution, 300 dpi, .jpeg digital images with a full caption of all persons appearing in the photo including first names and ranks, the award description, and the photographer's name for recognition.



At the Movies

Point Mugu

Fri. Aug. 16	7 p.m. Life or Something Like It 9 p.m. Van Wilder
Sat. Aug. 17	7 p.m. Life or Something Like It 9 p.m. Van Wilder
Sun. Aug. 18	2 p.m. Clockstoppers
Fri. Aug. 23	7 p.m. A Walk to Remember 9 p.m. Enough
Sat. Aug. 24	7 p.m. A Walk to Remember 9 p.m. Enough
Sun. Aug. 25	2 p.m. The Rookie

Port Hueneme

Thurs. Aug. 15	7 p.m. Star Wars Episode II
Fri. Aug. 16	7 p.m. Like Mike 9 p.m. Scooby Doo
Sat. Aug. 17	2 p.m. The Powerpuff Girls Movie 7 p.m. Mr. Deeds 9 p.m. Reign of Fire
Sun. Aug. 18	7 p.m. Star Wars Episode II
Thurs. Aug. 22	7 p.m. Reign of Fire
Fri. Aug. 23	7 p.m. Mr. Deeds 9 p.m. Like Mike
Sat. Aug. 24	2 p.m. Lilo & Stitch 7 p.m. Men in Black II
Sun. Aug. 25	9 p.m. Crocodile Hunter 7 p.m. Men in Black II



Life or Something Like It (PG-13), Starring Angelina Jolie and Edward Burns. **Synopsis:** Comedy about a vain newscaster whose seemingly perfect life is turned upside-down when a homeless prophet tells her she only has a week to live. (Fox) **Runtime:** 99 minutes.

National Lampoon's Van Wilder (R), Starring Ryan Reynolds and Tara Reid. **Synopsis:** College comedy about a seventh-year senior learning that his father won't fund another year of his so-called education. Between doing keg-stands and hitting on women, he hatches a plan to stay in school. (Artisan) **Runtime:** 95 minutes.

Clockstoppers (PG), Starring Jesse Bradford and Miko Hughes. **Synopsis:** The son of an eccentric scientist starts wreaking mischief after he swipes his father's time altering invention. (Paramount) **Runtime:** 93 minutes.

A Walk to Remember (PG-13), Starring Mandy Moore and Shane West. **Synopsis:** Sentimental love story chronicles the precious-yet-awkward romance between a straight laced preacher's daughter and the school bad boy. (Warner Bros.) **Runtime:** 100 minutes.

Enough (PG-13), Starring Jennifer Lopez and Bill Campbell. **Synopsis:** A young wife flees her abusive husband with their daughter, only to have him stalk her across several states. When all else fails, she takes to vigilante justice to solve the problem. (SONY/Columbia) **Runtime:** 111 minutes.

Star Wars Episode II: Attack of the Clones (PG), Starring Ewan McGregor and Natalie Portman. **Synopsis:** Sci-fi epic follows three heroes "the young Jedi apprentice Anakin Skywalker (Christensen), his master Obi-Wan Kenobi (McGregor), and the young monarch Amidala (Portman)" caught up in intergalactic political machinations surrounding a suspicious revolt and the creation of a sinister, genetically uniform army. (Fox). **Runtime:** 140 minutes.

The Rookie (G), Starring Dennis Quaid and Rachel Griffiths. **Synopsis:** Uplifting melodrama about pitcher Jim Morris' journey from high-school teacher to 35-year-old rookie for the Tampa Bay Devil Rays. (Disney/Buena Vista) **Runtime:** 129 minutes.

Like Mike (PG), Starring Lil' Bow Wow and Jonathan Lipnicki. **Synopsis:** Fantasy-themed kids' comedy profiles a preteen basketball player who, after receiving a pair of magical Air Jordan shoes, starts playing in the NBA. (Fox) **Runtime:** 100 minutes.

Scooby-Doo (PG), Starring Freddie Prinze Jr. and Sarah Michelle Gellar. **Synopsis:** Cartoonish crime comedy about a group of amateur detectives who dress in retro-'70s styles, drive a green van, and solve crimes with the help of a chatty, eternally hungry Great Dane. Based on the popular animated series. (Warner Bros.) **Runtime:** 87 minutes.

The Powerpuff Girls Movie (PG), Starring Cathy Cavadini and Tara Charendoff. **Synopsis:** Heavily stylized animated adventure tells the tale of how the titular grade-schooler heroines obtained their superhero powers and joined together to fight a super-intelligent mutant monkey bent on world domination. (Warner Bros.) **Runtime:** 80 minutes.

Mr. Deeds (PG-13), Starring Adam Sandler and Winona Ryder. **Synopsis:** Class-warfare comedy about a small-town nice guy who is suddenly thrust into New York high society after a recently deceased uncle leaves him a worldwide multimedia empire. (Columbia/SONY) **Runtime:** 91 minutes.

Men in Black II (PG-13), Starring Will Smith and Tommy Lee Jones. **Synopsis:** Sci-fi action/comedy follows the further exploits of two super-secret government agents charged with tracking down extraterrestrial criminals running amok on our very own little blue planet. (Columbia/SONY) **Runtime:** 88 minutes.

Reign of Fire (PG-13), Starring Christian Bale and Matthew McConaughey. **Synopsis:** Set in an alternate future where dragons have destroyed human civilization, this sci-fi/fantasy adventure follows the efforts of a British civilian and an American soldier to eliminate the fire-breathing beasts. (Touchstone/Buena Vista) **Runtime:** 100 minutes.

The Crocodile Hunter: Collision Course (PG-13), Starring Steve Irwin and Terri Irwin. **Synopsis:** Outback action-comedy about U.S. agents pursuing a crocodile with a satellite beacon in its stomach — and the intrepid Aussie reptile-wrangler who inadvertently helps their toothy prey avoid capture. (MGM) **Runtime:** 90 minutes.

Lilo & Stitch (PG), Starring Daveigh Chase and Chris Sanders. **Synopsis:** Cartoon comedy about a lonely Hawaiian girl who adopts a stray animal she assumes is an ugly dog. Turns out it's actually a vicious, experimental alien life form who's escaped from prison — and the extraterrestrial police want it back! (Buena Vista/Disney) **Runtime:** 80 minutes.



Laughter available without a prescription

"Laughter is the best medicine." This old saying may have more than a grain of truth to it. Researchers who recently learned that depression weakens the immune system are now wondering if humor might strengthen it, thus improving a patient's chances of surviving an illness. In any case, humor does help reduce the effects of stress—a known danger to your health.

A good belly laugh can improve breathing, reduce muscle tension and help digestion. Laughter also invites people to stand back from their own problems and take a humorous look at them. The distance that humor provides can help you respond positively and creatively to stressful situations. Appropriate humor often relieves the stress and tension of those around you, as well.

Convinced that humor may benefit health, many hospitals have started "humor programs." One hospital developed a "laughmobile" —a cart loaded with funny cassette tapes, books, toys and juggling paraphernalia for use by the patients, staff and volunteers. Other hospitals are providing workshops to encourage staff to adopt a more humorous attitude in their work and their lives.

Much of this experimentation can be traced to the work of Norman Cousins, former editor of *Saturday Review*, who attributed his recovery from a debilitating spinal disorder to his treatment of belly laughs brought on by the Marx Brothers' films and *Candid Camera* episodes. Researchers now believe that humor may cause chemical changes in the brain that bolster the body's resistance to illness.

Take a "laugh break" for yourself each day — watch a funny TV show or read something humorous. It's an excellent antidote to stress in your life. You can set the tone for a less stressful workplace by share jokes, funny cartoons and humorous anecdotes, and encouraging others to share theirs. You don't need to provide a laugh-a-minute comedy routine —after all, there is work to be done, but you can let your coworkers know that you're a person who knows how to laugh. Use gentle humor to defuse potentially tense situations

Point Mugu

Please call 989-8146 for further information or to sign up for classes.

TAP, Aug. 19-22, 8 a.m. - 4 p.m., Bldg. 116

Homebuying, Aug. 20, 6 - 8 p.m., Bldg. 116

Ombudsman Meeting, Aug. 27, 6 - 8 p.m., Bldg. 116

Play Mornings, Every Tues. 9 - 11 a.m., Chapel Nursery

Preseparation Briefs, Every Thurs., 2 p.m., Bldg. 116

Port Hueneme

Please call 982-4117 for further information or to sign up for classes.

Stress Management, Aug. 20 & 27, 2 - 3:30 p.m., Bldg. 1169

Relationships, Aug. 21 & 28, 5:30 - 7 p.m., Bldg. 1169

Interviewing & Marketing Yourself Skills, Aug. 27, 11:30 a.m. - 1 p.m., Bldg. 1169

Savings & Investments, Aug. 27, 6 - 8 p.m., Bldg. 1169

Personal Financial Management (PFM), Aug. 28, 8 - 4 p.m., Bldg. 1169

Retired Activities Office, Daily, 8 - 4 p.m., Bldg. 1169

Preseparation Briefs, Every Tues. 2 p.m., Bldg. 1169

Baby & Me, Every Thurs., 11 a.m. - Noon, Bldg. 1169

— but remember —joking about someone else's failings is not funny. Think carefully before making light of a situation that may be painful for someone else.

Do you have a friend who is ill? Your good listening skills and concerned compassion will help you sense when humor is an appropriate therapy. When possible, invite humor from another person. Notice what brings a smile of joy to your friend's face and try to create situations that will evoke that response.

Give gifts of cartoon books...they provide small doses of cheer that can be enjoyed with little effort. Consider donating such literature to the hospital for all patients to enjoy. Encourage older friends to reminisce about happy memories of funny situations. If you know the patient well, don't be afraid to try the unexpected — send silly telegrams or a bouquet of balloons. Laughter heals the mind and is good preventive medicine for the mind and body. Try a dose of humor in your life. It's free and you don't need a prescription.

Courtesy of Grapevine,

*Mare Island Naval Shipyard,
Vallejo, California*

Flag Program sends 'Piece of Pentagon' to field units

By Gerry J. Gilmore

American Forces Press Service

WASHINGTON (NNS) – Department of Defense (DoD) officials expect to mail 1,000 U.S. flags to military installations worldwide as part of a Sept. 11 terrorist attack observance initiative.

DoD had first offered to send 500 American flags, all of which have been flown over the Pentagon, to stateside and overseas military installations that requested them, said DoD press officer Navy Lt. Daniel D. Hetlage. Response to the Aug. 5 offer was so overwhelming, he remarked, that a total of 1,000 flags have now been ordered.

"The quickness and the amount of the response is amazing," Hetlage said, noting that officials are now compiling address lists of the requesting commands.

The program, he explained, is a DoD public affairs initiative, part of one-year anniversary observances of the Sept. 11, 2001, terrorist-hijacked airliner attack on the Pentagon that killed 184 people.

Correspondence from service members and DoD civilians stationed around the world seemed to cry out for something special to mark that anniversary and to demonstrate U.S. resolve to defeat global terrorism, Hetlage said. Although a section of the Pentagon was badly damaged in the deadly attack, he noted the 60-year-old building has been repaired and has become a symbol of the determination to prevail.

"Everybody wants a piece of the Pentagon and this is their piece," Hetlage explained. He expressed hope that most of the flags would be mailed out in time to be used during installations' Sept. 11 observances.

DoD will stop providing "Old Glory" after the 1,000 flags have been mailed out, he pointed out. After this, he noted DoD plans to accept flags submitted from the field, fly them over the Pentagon, and return them.

The 1,000-flag limit was arrived at "through resources and time," he said, noting that the Pentagon is awaiting the arrival of the first 500 flags from the supplier.

The program is a joint service effort, he pointed out, also noting the willingness of people to help.

A detachment of Navy journalism and photography students at DoD's Defense Information School at Fort Meade, Md., offered to help with the raising and lowering of flags and to help pack and ship them, Hetlage said.

The Defense Protective Service, he added, has also offered assistance.

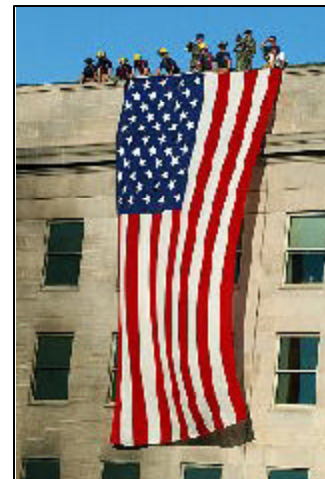
"People want to be a part of it," he noted.

Flags that have been flown over the Pentagon will be sent to U.S. service members serving aboard ships at sea, in Afghanistan and at other overseas and stateside postings, Hetlage remarked.

This is especially appropriate, he pointed out, because the Sept. 11 terrorist assaults were "an attack on all of us," he concluded. "There is no 'rear' area anymore — not in the war on terror."

Visit the Defense Department's "Defend America" Web site at www.defendamerica.mil for the latest news and information about America's response to the Sept. 11, 2001, terrorist attacks and the war against terrorism.

Also, visit the "Department of Defense Homeland Security" Web site at www.defenselink.mil/specials/homeland to learn more about the Department of Defense role in homeland security.



Michael W. Pendergrass
Military service members render honors as fire and rescue workers unfurl a huge American flag over the side of the Pentagon during rescue and recovery efforts following the Sept. 11 terrorist attack.

LIFELines launches Virtual Business Owners initiative

By Cmdr. Rudy Brewington

LIFELines Services Network

WASHINGTON (NNS) – Navy and Marine Corps spouses now have an exciting new resource to develop a portable business that can be operated in cyberspace from virtually anywhere.

In partnership with the U.S. Small Business Administration and the Navy and Marine Corps Spouse Employment program, the LIFELines Services Network is debuting the Virtual Business Owners (VBO) Initiative in the "My Community" section on the Web site at www.lifelines2000.org.

This VBO and LIFELines Initiative will measurably increase work opportunities for Navy and Marine Corps spouses, and improve the economic well-being for Navy and Marine Corps families.

The program will deliver an interactive online environment where military spouses can learn and access business resources and experts. Using the latest technology, LIFELines will deliver Web-based resources, information and interactive collaboration through message boards, moderated chats and educational seminars relating to the topic of virtual business ownership.

Spouses who are interested in starting their own business can access the site and register to attend upcoming online seminars Aug. 20, Sept. 10 and 24, and Oct. 8, 2002. Online registration is limited and required. Training materials will be provided prior to each seminar via e-mail, and will cover the following topics:

- Aug. 20, Starting a Virtual Business - Sept. 10, Promoting the Virtual Model Concept - Sept. 24, Communicating in a Virtual Environment - Oct. 8, Marketing Your Virtual Company.

In addition, spouses will be provided a number of self-help articles written by Victoria Parham, president and chief technical officer of Virtual Support Services, a military spouse who has successfully established her own



business in cyberspace. Now living in Alaska, she works for all types of companies across the United States through the Internet, phone, fax, e-mail and other telecommunication technologies.

Registered spouses will also have access to a VBO message board, and in the future, access to a board of subject matter experts to provide ongoing support, mentoring and assistance. There will also be a VBO resource library to support military spouse entrepreneurs in cyberspace, and job listings, projects and contracts for virtual business owners.

To attend an online Virtual Business Owners Seminar, the following (minimum) system requirements are recommended:

- PC Minimum Requirements — Pentium-class system, 120 MHz or better - Windows 95 or later - 56kbps dial-up modem (DSL or higher enhances the learning environment) - Internet access - E-mail address - IE Web browser or Netscape Communicator - 64 megs of RAM (128 or higher recommended)

- Mac Minimum Requirements — 56kbps dial-up modem (DSL or higher enhances the learning environment) - Internet access - E-mail address - IE Web browser or

Netscape Communicator - 64 megs of RAM (128 or higher recommended)

Additional recommendation: Word processing package that can read text and rich text format documents.

Some resources are available in Portable Document Format (PDF) and require the Adobe Acrobat Viewer. If you do not have the viewer installed on your computer system, you can download it by visiting www.lifelines2000.org/info/plugins.asp. If you are experiencing difficulty, visit the feedback page at http://lifelines2000.org/vbo/module/fbk/fbk_default.asp to receive personal support.

The LIFELines Services Network is a real-time, online multi-media quality of life (QOL) services delivery system that provides Sailors, Marines and their families with "equal access to high quality QOL services regardless of duty location."

Those interested in more details about the LIFELines Services Network should contact Cmdr. Rudy Brewington at brewington.rudolph@hq.navy.mil or (202) 433-3865, or Capt. Bill Hendrix at hendrix.william@hq.navy.mil or (202) 433-3974.

Chapel Schedule

Point Mugu

For information please phone 989-7967

Worship

Sunday Mass: 9:30 a.m.

Sunday Protestant Worship: 11:15 a.m.

Weekday Mass: Tuesday & Thursday at 11:30 a.m.

Religious Education

Children's Worship: Sundays at 9 a.m.

Catholic CCD: Sunday at 10:30 a.m.

Sacrament of 1st Holy Communion: Tuesday at 4 p.m.

Port Hueneme

For information please phone 982-4358

Worship

Saturday Mass: 5 p.m.

Sunday Mass: Noon

Sunday Protestant Worship: 9:45 a.m.

Children's Church for ages 3-9

Christian Science Service: 2 p.m.

Weekday Mass: Monday & Friday at 11:30 a.m.

Weekday Eucharistic Service: Tuesday, Wednesday and Thursday at 11:30 a.m.

Navy-Marine Corps Relief Society News

NMCRS has budget counselors who can assist your command on a wide variety of subjects; topics include:

- Financial Responsibility
- Budget Workshop
- Managing a Checking Account
- Understanding Credit
- Car Buying Strategies
- Budgeting for Baby
- Preparing for Deployment



NMCRS budget counselors can offer group presentations or one-on-one, confidential counseling on responsible money management. It is important to always prepare a family or individual for a deployment ahead. NMCRS budget counselors can give you alternate ways to successfully manage your money. They are here for you.

Calendar of Events

Budget for Baby - 2nd Tuesday of every month at two locations, Point Mugu 9-11 a.m. and Port Hueneme for 6-8 p.m.. Call for registration 982-4409.

Crochet Day - 1st and 3rd Wednesday of every month from 9a.m - Noon, located at the "Bee Hive" by Bard Mansion.

Thrift Shop - Open each Mon. and Wed. from 10 a.m. - 2 p.m. Located in bldg. 829 Behind NCTC (the white house) on 15th Ave.

Volunteer Orientation - 2nd Thursday of every month at NMCRS Port Hueneme or call for a more convenient orientation. 982-4409.

Smarter, aggressive approach to drug testing is working

By Chief of Naval Personnel Public Affairs

WASHINGTON (NNS) – The Navy is testing more Sailors and finding fewer are using drugs.

The Navy reports that in the first nine months of fiscal year 2002 (FY02), only 0.6 percent of the 751,317 samples tested — a record low percentage since it started urinalysis testing for drugs in 1981 — yielded positive results for drug use. That number is an improvement from the 0.71 percent during the same period a year earlier.

In the first nine months of FY02, 539 fewer Sailors have tested positive for illegal drugs compared to the same period in FY01, which will translate to fewer Sailors being processed for administrative separation Navy-wide due to drug use.

"Fleet leadership, along with increased awareness and education are clearly making a difference," said Vice Adm. Norb Ryan Jr., Chief of Naval Personnel. "These efforts are translating into more Sailors making the right choices and fewer Sailors leaving the Navy because of a bad decision," Ryan said.

The 751,317 samples tested represent an increase of approximately 50,000 more samples from the same period last year. Of those 50,000 samples, the Navy was also able to test 34,000 more individuals by using a new software program that randomly selects Sailors. The software has been in Navy-wide use since December and eliminates some of the predictability in previous methods of selecting Sailors for testing.

Recent numbers also show ecstasy use among Sailors this year is on the decline. According to Department of Defense figures, the Navy is the only service to experience a decrease in ecstasy use, with the latest figures showing the service on course for a 25 percent reduction in FY02 compared to FY01. In FY01, 434 Sailors tested positive for ecstasy. Through the first nine months of FY02, only 238 Sailors have tested positive for the drug.



PH2 Jim Watson

Urine samples arrive at a toxicology lab for drug screening at Twentynine Palms, Calif. Technician's barcode each sample for careful tracking and inventory. Samples are then placed in matched bar-coded test tubes to begin the evaluation process.

"While I'm encouraged by the trends, we will not rest until every single Sailor gets the message that drugs have no part in our Navy," Ryan added.

For more CNP news, visit their NewsStand page at www.news.navy.mil/local/cnp.

Challenge that price, earn cash bonus

By David L. Peterson

FOSSAC Public Affairs

NORFOLK, Va. (NNS) – Have you ever felt the price for a government-procured item seemed too high? Would you like to earn a bonus for being a smart shopper?

Well, there actually is a way you can do both — use the Navy's Price Challenge Hotline.

The Price Challenge Hotline allows any DOD or other government agency employee to question the price of any DOD-procured item by submitting a price inquiry to the Price Challenge Hotline.

Through this hotline, government employees can submit a price inquiry and possibly gain a cash bonus for their efforts.

The Price Challenge Hotline determines and centrally manages cash bonuses for price inquiries that realize a significant cost avoidance savings. Cash bonuses, ranging from a minimum of \$50.00 to a maximum of \$25,000, are determined based on the documented savings.

Types of price inquiries include: items that appear to be overpriced, or are identical, and would achieve a reduced price through combined demand by consolidating their management under one National Stock Number (NSN), or would reduce the price of the NSN through a new commercial source of supply, or would achieve a reduced price as a result of a manufacturing decision.

The Price Challenge Hotline was established in 1979 at Mechanicsburg, Pa., as part of the Navy's response to highly publicized stories of spare parts and equipment overpricing. In 1983, the Price Challenge Hotline merged into the Buy Our Spares Smart (BOSS) program to become part of the Navy-wide program to reduce costs of spare



parts and equipment, promote readiness, maximize resources and to reestablish public confidence in stewardship of funds by the Department of Defense.

The following year, the Price Challenge Hotline transferred to and combined with Navy Price Fighters, part of the Fitting Out and Supply Support Assistance Center (FOSSAC) in Norfolk, Virginia to create the Navy's only dedicated pricing and value analysis activity in support of the acquisition community.

To date, the Price Challenge Hotline's initiative has realized a cost avoidance totaling more than \$818 million. The mission of FOSSAC Price Challenge Hotline is to provide pricing validation support by acting as the Navy's focal point for all pricing inquiries related to spare parts and consumables used in support of Navy weapon systems.

New and forthcoming budget restraints make it imperative that spare parts and consumables be procured at the most economical price possible without impacting Fleet readiness. The mission does not include pricing inquiries relating to service contracts, open purchase or non-standard items.

Challengers may submit inquiries to the FOSSAC Price Challenge Hotline via telephone, message, Internet or U.

SEABEES, from page 12

A sub-element known as the 1st Naval Construction Division Forward (1NCD FWD) will be established at Pearl Harbor. Captain William L. Rudich, commander of the 30th Naval Construction Regiment (NCR), will be assigned additional duty as officer in charge of 1NCD FWD.

The two active and four Reserve operational regiments will realign under the 1st Naval Construction Division; the 30th NCR will remain in Pearl Harbor; and the 22nd NCR will relocate from Little Creek, Va., to Gulfport, Miss.

The two active training regiments, the 20th NCR in Gulfport and the 31st NCR in Port Hueneme, Calif., will take on a new focus as the Seabee Readiness Group Atlantic and Seabee Readiness Group Pacific. The commanding officers of the Naval Construction Battalion Centers (CBC) in both Gulfport and Port Hueneme will serve additional duty as commanders of the respective Seabee Readiness Groups.

Commander, 1NCD will report for primary duty to the commander in chief, U.S. Atlantic Fleet, and for concurrent duty to the commander of U.S. Fleet Forces Command as commander, Naval Construction Forces Command (NCFC). Commander, 1NCD will also report for additional duty to the commander in chief, U.S. Pacific Fleet and to the commander in chief, U.S. Naval Forces Europe.

Resulting from an NCF alignment study completed last year, the creation of the new division will enhance readiness and operational effectiveness and promote efficiency and savings within the NCF.

For more information about Seabees, go to www.seabee.navy.mil.

For more information about Port Hueneme Seabees, go to www.ncbc.navfac.navy.mil.

S. Mail. NAVSUP P485 provides a mailing format that identifies the minimum reporting requirements.

For more information, go to www.fossac.navy.mil.